

JOURNAL EXERCISE: GRATITUDE & PSYCHIC GIFTS

ENJOYMENT RAISES YOUR VIBRATION

Take some time, if you choose, to think and write freely about how doing things that you enjoy and are grateful for can help raise your vibration. Not only does this point to the ways that the Universe meant for you to live, but it puts you more in tune with your own spiritual gifts and Inner Guidance.

When we are open to receiving good things from the Universe, EVEN in mundane daily life experiences, the Universe is able to find an open channel within us to communicate. The more your cup is full, the easier everything is!

Abraham-Hicks calls this “being in the receptive mode.” You can think about small every day gifts, like sipping tea and petting your cat, as well as big things, like going on a retreat or working on an art project. The key is to link the experience of joy with your receptivity to the Universe, and with a sense of connectedness to a bigger picture.

PROMPT: How does experiencing the things that bring you happiness [fill in the blank] help me to feel at one with or in tune with the Universe?

